



JAMES WILL SHARE PRINCIPLES FROM HIS POPULAR 5-MONTH AWAKENING JOY COURSE THAT THOUSANDS HAVE TAKEN SINCE 2003.

James Baraz

PRINCIPALS FOR AWAKENING JOY

Co-founder of Spirit Rock Meditation Center in Woodacre, California and the co-author of the book *Awakening Joy: Ten Steps to Happiness* as well as *Awakening Joy for Kids*. He has led the popular *Awakening Joy* online course since 2003.

For more information go to:
www.awakeningjoy.info

WE WILL LEARN BASIC PRINCIPLES AND OTHER SUPPORTIVE PRACTICES TO DEVELOP OUR NATURAL CAPACITY FOR WELL-BEING AND HAPPINESS PRESENTED IN A USER-FRIENDLY WAY THAT CAN EASILY BE SHARED WITH CLIENTS.

Drinks With Shrinks

A NETWORKING EVENT FOR NCMI MEMBERS AND SUPPORTERS. COME HAVE A DRINK, NETWORK WITH FELLOW PROFESSIONALS, AND LISTEN TO TWO INFORMATIVE & ENTERTAINING TALKS. THIS IS A FREE EVENT FOR MEMBERS. INCLUDES APPETIZERS AND ONE FREE DRINK. FOR NON-MEMBERS, IT IS \$35 PER ENTRY. IF PARTICIPANTS SIGN-UP FOR MEMBERSHIP THEY WILL RECEIVE A FREE MONTH OF ONLINE ADVERTISING AND A FREE DRINK!

MARCH 6TH

5 PM - 8 PM

LA BATEAU IVRE
9262 TELEGRAPH AVE
BERKELEY, CA

\$35 PER ENTRY
FREE FOR NCMI
MEMBERS

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REGISTER!

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WORKSHOPS**



A Bodymind Approach to Mindfulness in Psychotherapy by Dr. Michael Mayer, Ph.D.

Dr. Michael Mayer, Ph.D. will discuss a little-known view of early Buddhist teachings that can add to psychotherapist's clinical applications in the areas such as hypertension, anxiety, chronic pain, trauma, etc. Dr. Mayer is a licensed Psychologist and a Tai Chi/Qigong teacher. He is the author of 20 publications on mind-body healing. Go to theebmc.com/michael-mayer/ for more information.